Health Care Benefit Awareness

- Verify Eligibility: Update DEERS
- Check Your Coverage
  - TRICARE Prime
  - TRICARE Standard
  - TRICARE Dental Program
- Know How to Get Care
- Find Help When You Need It

Verify Eligibility: Update DEERS

- DoD database determines eligibility for health care benefits
- Update whenever career or family status changes (rank, birth, marriage, move, etc.)
- Address changes can be made online: **www.tricare.osd.mil/DEERS**
- Other changes must be made at nearest ID card facility

Check Your Coverage

- **TRICARE Prime:** No costs for covered services; chosen by most AD families
  - See your TRICARE Service Center to enroll; INSERT # HERE
- **TRICARE Standard:** More choices, but higher costs; covers retirees in Europe
- **TRICARE Dental:** Excellent, low cost option for family members; more info at **www.tricaredentalprogram.com**

How to Get Care

- Routine Appointments: **INSERT # HERE**
- On-Base Emergency: **INSERT # HERE**
- Off-Base Emergency: **INSERT # HERE**
- Nearest Emergency Room: **INSERT # AND LOCATION INFO HERE**
- **When traveling:**
  - Get care immediately in emergencies
  - Visit TRICARE Service Center before you go for important information

Where to Get Help

- TRICARE Service Center: First stop for most health care questions
  - **INSERT # HERE**
- Nurse Advice Line: 24/7 access to RN
  - **INSERT # HERE**
- Web Sites
  - **www.europe.tricare.osd.mil**
  - **www.tricare.osd.mil**
  - **www.tricareonline.com**